

What Kind of Happy Are You? Slips

Pick one of the 10 positive emotions. Write your name and a time, place, or activity when you feel that emotion (for example: I feel joy when I'm playing with my dog, or I feel pride when I score a goal). Then, go stick it on the poster next to the positive emotion you picked. When it's time, we will share and discuss your positive emotion experiences!

Name: _____

I feel _____ when:

Name: _____

I feel _____ when:

Name: _____

I feel _____ when:

Name: _____

I feel _____ when:

Name: _____

I feel _____ when:

Name: _____

I feel _____ when:
